



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
L F Milk Served w/Each Meal Canned Fruit in Light Syrup WW = Whole Wheat GC = Green Chili RC = Red Chili HM = Honey Mustard	Please call 896-8313, if you have any questions, need transportation to Meadowlark, or need to cancel Home Delivered Meal	Senior Meals Suggested Donation Lunch \$2.00 Under 60 years \$6.00 Menu Subject to Change		Hot Dog Sun Chips Coleslaw Fresh Orange Cookie
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7*	FRIDAY 8
<i>All Centers Closed</i> <i>Happy 4th of July</i> 	BBQ Pork Rib Sandwich Scalloped Potatoes Steamed Carrots Cucumber/Tomato Salad Fresh Orange	Smothered RC Beef Burrito Spanish Rice Zucchini & Onions Shredded Lettuce and Tomato Chilled Apricots	Pork Roast w/ Gravy Baked Potato California Veggies Spring Mix Salad w/Dressing Soda Bread w/Margarine Chilled Applesauce	Egg Salad Sandwich Three-Bean Salad Lettuce Leaf & Tomato Slice Fresh Melon Cookie
MONDAY 11*	TUESDAY 12*	WEDNESDAY 13	THURSDAY 14*	FRIDAY 15
Salisbury Steak w/Gravy Mashed Potatoes Brussels Sprouts Garden Salad w/Dressing WW Roll w/Margarine Chilled Fruit Cocktail	Teriyaki Chicken Brown Rice Pilaf Green Beans Tossed Salad w/Dressing Sweet Roll w/Margarine Fresh Pineapple Spear	GC Pork and Cheese Enchilada Spanish Rice Zucchini & Onions Shredded Lettuce/Tomato Baked Apple Slices	BBQ Beef Sandwich Roasted Red Potatoes Streamed Cauliflower Tossed Salad w/Dressing Chilled Peaches	Fish Filet Sandwich Brown Rice Pilaf Steamed Peas/Carrots Coleslaw Fresh Melon
MONDAY 18*	TUESDAY 19*	WEDNESDAY 20	THURSDAY 21*	FRIDAY 22
Meatball Sandwich Steamed Broccoli Caesar Salad w/Dressing Garlic Toast Peach Crisp	Lemon Pepper Chicken Steamed Rice Steamed Peas Mixed Green Salad w/Dressing WW Roll w/ Margarine Fresh Banana	Chef's Salad w/Turkey, Ham, Cheese & Hard Boiled Egg Tomato Wedges Club Crackers Croutons Fresh Apple Slices	Spaghetti w/Meatsauce Steamed Italian Veggies Caesar Salad w/Dressing Garlic Toast Fresh Melon	Ham and Cheese Sandwich Lettuce Leaf/Tomato Carrot/Raisin Salad Chilled Applesauce Cookie
MONDAY 25*	TUESDAY 26*	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Swiss Steak w/Peppers/Onion/Diced Tomato Scalloped Potatoes Tossed Salad W/Dressing WW Roll w/Margarine Fresh Banana	Sloppy Joe Sandwich Roasted Red Potatoes Streamed Cauliflower Garden Salad w/Dressing Chilled Peaches	Chicken Caesar Wrap w/Shredded Romaine Lettuce Macaroni Salad Fresh Melon	Frito Pie Pinto Beans Flour Tortilla Zucchini & Onions Shredded Lettuce/Tomato Fresh Grapes	Polish Sausage w/Bun Diced Tomatoes and Onions Coleslaw Fresh Orange Cookie

Final Approved